

CLAIMS

1. A user-actuated anterior shoulder stretching device including:-  
a pair of laterally extending swing-arms linked to pivot rearwardly in  
5 unison, each swing-arm being pivotably mounted at its proximal end and being  
adapted to receive a hand or wrist or forearm of a user at its distal end;  
a user-actuated mechanism for pivoting the swing-arms rearwardly in  
unison to thereby stretch the anterior shoulder of the user.
- 10 2. A user-actuated anterior shoulder stretching device as claimed in claim  
1, wherein the user-actuated mechanism is leg-actuated.
- 15 3. A user-actuated anterior shoulder stretching device as claimed in claim  
2, wherein the user-actuated mechanism is pressed away from the user during  
stretching.
- 20 4. A user-actuated anterior shoulder stretching device as claimed in claim  
1, wherein the device further includes a collar mounting post, said collar  
mounting post having a collar slidably mounted thereon, a pair of link members  
pivotably mounted to the collar, each link member being pivotably mounted to a  
respective swing arm.
- 25 5. A user-actuated anterior shoulder stretching device as claimed in claim  
1, wherein each swing arm includes an arm supporting assembly slidably  
mounted thereon.

6. A user-actuated anterior shoulder stretching device as claimed in claim 5, wherein the arm supporting assembly includes an elbow or forearm supporting platform, and a handgrip which can be rotated relative to the elbow 5 or forearm supporting portion about an axis which is substantially parallel to the length of the swing-arm.

7. A user-actuated anterior shoulder stretching device as claimed in claim 1, wherein the user-actuated mechanism is manually actuated.

8. A user-actuated anterior shoulder stretching device as claimed in claim 7, wherein the user-actuated mechanism includes an electric motor.